

Is It Love?

Does your boyfriend/girlfriend...

- Hit, slap, punch, shove, or kick you?
- Throw things at you?
- Threaten to hurt you or your friends?
- Restrain you?
- Destroy your property?
- Consistently ridicule or insult you?
- Become extremely jealous if you talk to other people or go places on your own?
- Make you account for every moment?
- Manipulate you with lies, contradictions, or promises?
- Pressure you for sexual activity?
- Accuse you of flirting with others?
- Threaten to harm himself/herself if you break up with him/her?
- Use drugs/alcohol as an excuse for a violent temper?

How does this behavior affect you?

- Do you feel you don't have the right to say no?
- Are you afraid to disagree?
- Have you stopped seeing your friends?
- Do you feel responsible for the abuse?
- Do you have to get permission to go out with friends, go to parties, or go to school activities?
- Do you avoid talking to friends for fear that he/she may become jealous and abusive?
- Are you afraid to break up with him/her?

Ideally, the answer to each of these questions will be No. If that's not your experience, call RACS.

Rape and Abuse Crisis Service

Hotline: 634-4911 or 1-800-303-0013

It's free, confidential, and available 24 hours/day.